



OCCUPATIONAL HEALTH

Office of the Chief Health and Medical Officer – Occupational Health Monthly Newsletter
October 2012

◆ **Strengthen Your Heart by Volunteering:** David Eisner, former CEO of the Corporation for National and Community Service states that “Volunteering makes the heart grow stronger.” A [report](#) analyzing the results of more than 30 longitudinal studies on the topic corroborates this. Conducted by the Corporation for National and Community Service, the recent review of current research has found “a significant connection between volunteering and good health. The studies, which were controlled for other factors, found that volunteering does indeed lead to improved physical and mental health with volunteers having greater longevity, higher functional ability, lower rates of depression and less incidence of heart disease.”

◆ **Group Achievement Award at Dryden:** The Medical Staff at Dryden Flight Research Center (DFRC) was presented a Group Achievement Award during the 2012 Honors Awards held in August. The staff received the award for outstanding medical support to the Dryden family of employees and the long-term care of the Space Shuttle program. Congratulations to everyone at DFRC for this commendable achievement.



◆ **West Nile Virus Update:** As of September 18, a total of 3,142 human cases of West Nile virus (WNV) disease, including 134 deaths, have been reported to the Centers for Disease Control and Prevention (CDC). This is the highest number of WNV cases reported to CDC since 2003. Two thirds of the cases reported are from Texas, Mississippi, Michigan, South Dakota, Louisiana, Oklahoma, and California, with almost 40 percent of all cases being reported from Texas. See the CDC updated [fact sheet](#) for more information.



◆ **October is National Work and Family Month:** This year, the Office of Personnel Management’s (OPM) Work/Life/Wellness team will celebrate National Work and Family Month by highlighting four specific work-life areas: volunteerism, financial support, wellness, and dependent care. The Federal Work-Life Community of Practice site will highlight one of these areas each week, showcasing agencies that have incorporated one of the focus areas into their work-life programs. For more information, please contact OPM at worklife@opm.gov.

◆ **FedScoop Agile Government Summit:** On November 1, 2012, from 7:30 a.m. to 3:30 p.m., [FedScoop's Agile Government Summit](#) will convene in Washington, D.C., at the Renaissance Hotel, located at 999 9th Street, N.W. The Summit is free to Government employees. Some of the best practices for implementing an agile government to be discussed include: *Enabling the Workplace for a Digital Government, Managing Risk, Security & Compliance, and Turning Information into Insight to Improve Government Performance*. Among the confirmed speakers is NASA’s Goddard Space Flight Center Chief Information Officer, Adrian Gardner.

◆ **Goddard’s Ted Simmons Silver Achievement Medal Recipient:** On August 28, Ted Simmons was awarded the Silver Achievement Medal “for stellar achievement in support of NASA’s Core Values specific to NASA’s Laser Safety Program”. As Goddard Space Flight Center’s (GSFC) Laser Safety Officer and the Project Manager on the contract that supports GSFC’s Industrial Hygiene and Radiation Protection Services, Ted has proven that he meets the NASA Core Values of Safety, Excellence, Teamwork and Integrity. His dedication to the job, work ethic and attention to detail are evidenced daily by the way he conducts his day-to-day operational requirements and his contributions to NASA laser safety

policies. He is indeed a valuable asset to the GSFC and the Agency safety and health programs. Well done Ted!

◆ **NIOSH/NASA Achievement Award Winners:** A NASA Agency Group Achievement Award was presented on August 21 to the Nowcast of Atmospheric Ionizing Radiation for Aviation Safety (NAIRAS) team headed by Christopher Mertens of NASA-Langley. [NAIRAS](#) is a NASA project to develop an operational prototype for a global, real-time, data-driven predictive system needed to assess biologically harmful levels of atmospheric ionizing radiation to which crews and passengers of long-range aircraft could be exposed.

◆ **2012 Annual OSHA Report:** Each year in the fall, the Department of Labor issues a call for safety and health information from executive agencies, including NASA, as required by 29 CFR 1960.71(a)(1). The Office of the Chief Health and Medical Officer (OCHMO) and Safety and Mission Assurance (S&MA), in turn, ask the Centers to provide information as a part of the NASA report to the Department of Labor. Each Agency’s information is then combined into a comprehensive report to the President by the Secretary of Labor. This year will be challenging because the call for information has changed significantly. Please support your Center point of contact in their effort to provide OCHMO and S&MA with the timely, needed information.



◆ **New Buy Quiet Contact List:** The new Buy Quiet (BQ) Program Manager Contact Group has been set up in the [EH Contact list](#) on the Occupational Health Website. It should help enable communication within the NASA hearing conservation community regarding Buy Quiet training, new information, and concerns.



◆ **Federal Workers’ Compensation – E-COMP Training at KSC:** On October 11, the Department of Labor (DOL) will be conducting an onsite training session on the Employees’ Compensation Operations and Management (E-COMP) portal. The system permits claimants, representatives, employing agency staff and medical providers to upload documents directly into existing Office of Workers’ Compensation files through a DOL internet portal. E-COMP enables DOL Claims Examiners to view new information within four hours of submission. Injury Compensation Specialists (ICS’s) from NASA Centers will be attending. It is anticipated that the system will be fully accessible for new claims filing by all NASA Center ICS’s by December 1, 2012. A WebEx session conducted by the DOL will be scheduled within the next two months for any Office of Safety and Mission Assurance employees who would like more information on the OSHA Form 301 capabilities of E-COMP. Please contact Janine Hardin at janine.e.hardin@nasa.gov to indicate your interest in attending this WebEx.

◆ **Upcoming OH Reviews:** GSFC – October 22-26, 2012

◆ **Upcoming OH ViTS & Webinars:**



- Environmental Health ViTS – October 3, 11:00 a.m. – 12:00 p.m. EST
- Health Physics ViTS – October 10, 11:00 a.m. – 12:00 p.m. EST
- Fed. Workers’ Compensation ViTS – November 6, 1:00 -2:00 p.m. EST
- Fitness ViTS – November 6, 2:30-3:30 p.m. EST

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